

**2019 CANADA WINTER  
GAMES TECHNICAL  
PACKAGE**

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**1. SPORT: GYMNASTICS**

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**2. PARTICIPANTS:**

**Men's and Women's Artistic**

2.1 Competitors: 6 Female, 6 Male

2.2 Staff: 2 coaches for male athletes, one of whom must be male and one of whom will be the manager. One of the women's coaches may also be on the floor during the men's training, warm-up and competition.

2 coaches for female athletes, one of whom must be female and one of whom will be the manager. One of the men's coaches may also be on the floor during the women's training, warm-up and competition.

**3. CLASSIFICATION:**

**MEN'S ARTISTIC:**

Male athletes must be a minimum of 12 years old during the year of the Games and a maximum of 19 years old during the year of the Games (2019).

Male athletes must be born 2000 to 2007 inclusive.

**WOMEN'S ARTISITC:**

Female athletes must be a minimum of 12 years old during the year of the Games and a maximum of 19 years old during the year of the Games (2019).

Female athletes must be born 2000 to 2007 inclusive.

**AGE DISPENSATION POLICY**

The Age Dispensation policy for Men's and Women's Artistic Gymnastics can be found in Appendix 3.

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## 4. ELIGIBILITY:

### 4.1. Coaches:

The head coach on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3 or the equivalent level in the new NCCP, Competition stream, Development context (Certified status). These coaches must be so certified not later than 90 days before the opening of the Games (November 15, 2018).

Assistant coaches designated coach on the official registration form must be fully certified (theory, technical and practical) under the National Coaching Certification Program (NCCP) to at least Level 3 or the equivalent level in the new NCCP, Competition stream, Development context (Trained status). These coaches must be certified / trained not later than 90 days before the opening of the Games (November 15, 2018).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be level 3 certified or competition development certified, while the others must be level 3 certified or competition development trained.

### 4.2. Competitors:

Excluded from the Canada Games are:

#### **Artistic:**

##### **Men**

Athletes that hold or have held Senior cards (SR or C1 as defined by Sport Canada's Athlete Assistance program) at any time.

- a) Athletes that have been National Senior Team members (as defined by Canadian Gymnastics Federation and approved by the Canada Games Council) at any time.
- b) Athletes that have competed for any nation at any Senior Pan American Games, Commonwealth Games, Olympic Games or senior World Championships

##### **Women**

- a) Athletes that have held Senior cards (SR or C1 as defined by Sport Canada's Athlete Assistance program) at any time.

- b) Athletes that have competed for any nation at any Senior Pan American Games, Commonwealth Games, Olympic Games or Senior World Championships.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status (i.e. no athlete will be excluded if she is granted carding status after November 15, 2018).

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## 5. COMPETITION REGULATIONS

### 5.1. Men's and Women's Artistic Gymnastics:

#### 5.1.1. Regulations

The following will govern the competition:

- a) Men's Artistic Gymnastics
- Current GCG MAG Program Technical Regulations
  - Current FIG Code of Points and current updates / newsletters / clarifications
  - The Canada Games rules will be those set for the Open category in effect for the 2019 Canadian Championships with the following supplemental additions:
    - In Preliminary competition only 1 vault will be performed
    - In Event finals only 1 vault will be performed
    - Gymnasts will have the option of 125 cm. to 135 cm. Vault Table height.
    - Gymnasts will have the option of lowering the Pommel Horse, or using a beat board to mount the apparatus.
  - 2017-2020 FIG Code of Points for situations not covered by the first two documents
- b) Women's Artistic Gymnastics
- Current GCG WAG Program Technical Regulations and Directives
  - Current JO Code of Points
  - WAG Canadian regulations for JO10 for the 2019 Canadian Championships

#### 5.1.2. Program

The Canada Winter Games program for Men's and Women's Artistic Gymnastics will consist of the following:

- Team (CI) (Format 6-6-4)
- Individual All-Around Final (CII) (Max 3 per province/territory)
- Apparatus Finals (CIII) (Max 2 per province/territory)

#### 5.1.3. Participation: MAG and WAG

- 5.1.3.1. Team (CI): Teams will consist of 6 athletes, with 6 athletes competing and 4 scores counting. All team athletes must compete in the Team competition unless injured or ill.

5.1.3.2. Individual All-Around Final (CII): The top 3 gymnasts per province/territory from the Team competition will compete in the Individual All Around competition. The balance, for a total of up to 36 participants, will be based upon the scores obtained in the preliminary competition.

MAG : In the case of a tie in 3rd place within a Province, the gymnast with the higher sum of D Scores will be ranked higher. In case of further tie, the gymnast with the higher sum of E-Scores will be ranked higher. In case of further tie, a draw will determine the athlete considered higher.

WAG: In case of a tie in 36th place, the following procedure will be used to break the tie:

- i) The gymnast with the highest individual event score will be ranked higher.
- ii) If the gymnasts are still tied, then the gymnast with the second highest individual event score will be ranked higher.
- iii) If the gymnasts are still tied, then the gymnast with the third highest individual event score will be ranked higher. If the tie remains unbroken then the tied gymnasts will enter the final.

5.1.3.3. Apparatus Finals (CIII): The top 8 gymnasts on each event - with a maximum of 2 per province/territory - from the Team Competition (C1) will compete in the Apparatus Finals (CIII) competition.

#### MAG

In the case of a tie in 8th position, or in case of a tie between two athletes from the same province/territory for the 8<sup>th</sup> position, the gymnast with the highest D Score on that apparatus from the Team Final will participate. If there is still a tie, all the remaining tied gymnasts will compete in the final on that apparatus.

#### WAG

In the case of a tie in 8th position, or in case of a tie between two athletes from the same province/territory for the 8<sup>th</sup> position, the gymnast with the highest All-Around total will participate. If there is still a tie, all the remaining tied gymnasts will compete in the final on that apparatus.

#### 5.1.4. Training Schedule

Training schedules will take into consideration the time zone change for participants for the first day of training.

Published training schedules must be adhered to. Provincial/Territorial teams are not permitted to negotiate with other teams to exchange training times.

#### 5.1.5. Seeding for MAG and WAG

##### 5.1.5.1. Team Competition (CI)

There will be up to two (2) subdivisions of competition for the MAG and WAG Team Competitions (CI). Groups will never be more than eight (8) athletes in any subdivision. In the event that there are more than 64 athletes in WAG or 96 athletes in MAG, a bye may be introduced into the rotation schedule.

### MAG

A random draw for all participating Teams will be conducted following a confirmation of participation by September 15, 2018, with the exception that the Team or Individual gymnasts for the Host province/territory will be automatically seeded into the final subdivision to start on the first apparatus. Therefore, the first team drawn will start on the second apparatus (Pommel Horse) in the final subdivision (subdivision 2), with subsequent teams drawn following Olympic Order until 6 teams have been drawn and the subdivision is full. The draw will proceed to identify the team that will start on the first event (Floor) in the 1<sup>st</sup> subdivision and will proceed with subsequent teams drawn following Olympic Order until all teams have been drawn. This may result in less than six rotations in the first subdivision. If possible, efforts will be made to equalize the size of the subdivisions so that a like number of teams are seeded in each subdivision.

In the event of a province/territory attending with fewer than 5 athletes, and therefore without a team, the individuals will be placed into a group comprised of individuals from another province/territory or in a group with a province/territory whose team is 5 or less.

### WAG

A random draw for all participating Teams will be conducted following a confirmation of participation by September 15, 2018, with the exception that the Team or Individual gymnasts for the Host province/territory will be automatically seeded into the final subdivision to start on the first apparatus. Therefore, the first team drawn will start on the second apparatus (Bars) in the final subdivision (subdivision 2), with subsequent teams drawn following Olympic Order until the subdivision is full. The draw will continue to identify the team that will start on the first event (Vault) in the 1<sup>st</sup> subdivision and will proceed with subsequent teams drawn following Olympic Order until all teams have been drawn. This may result in less than four rotations in the first subdivision.

If the number of teams is more than eight (8) teams, a bye may be introduced into the final subdivision. A bye can also be added to the first subdivision if needed.

In the event of a province/territory attending with fewer than 4 athletes, and therefore without a team, the individuals will be placed into a group comprised of individuals from another province/territory or in a group with a province/territory whose team is 4 or less so long as the group does not exceed eight (8) athletes.

#### 5.1.5.2. Format for Warm up and Rotations with Mixed groups

When there are mixed groups (team and individuals), the team will always compete first and individuals will compete last. For the Team (C1), warm up and compete will be as follows:

- Team (6) + 1 individual = the 7 athletes warm up together and Team will start competition on every apparatus.
- Team (6) + 2 or 3 individuals = Team will warm up and compete, and the 2 or 3 individuals will warm up and compete afterwards. Team competes first on every apparatus.
- Groups of individuals from different provinces/territories will drop by Province upon each rotation. Warm up may be split at the discretion of the Judges and coaches as needed if the group is comprised of 7 or 8 athletes.

### 5.1.5.3. Order of Passage for Team Competition (C1)

Each Team must submit their Order of Passage to the competition head table for the Team Competition (C1) by 13:00 of the day prior to the Team Competition (C1).

### 5.1.6. All-Around Finals (CII)

- a) The qualified athletes will be divided into four / six equal groups according to their AA rank after the Team Final. The top athletes will start on Vault for WAG and Floor for MAG. For WAG the second group will start on Bars, the third group on Beam and the remaining athletes will start on Floor. For MAG the second group will start on Pommel Horse, the third on rings, then vault, parallel bars and finally High Bar.
- b) The draw below will determine the order of passage within a group for the first apparatus.

#### MAG

FLOOR		POMMELS		RINGS		VAULT		P BARS		H BAR	
Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank
1	5	7	11	13	17	19	23	25	29	31	35
2	4	8	10	14	16	20	22	26	28	32	34
3	3	9	9	15	15	21	21	24	27	33	33
4	2	10	8	16	14	22	20	28	26	34	32
5	1	11	7	17	13	23	19	29	25	35	31
6	6	12	12	18	18	24	24	30	30	36	36

#### WAG

VAULT		UNEVEN BARS		BEAM		FLOOR	
Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order
1	7	10	6	19	2	28	7
2	6	11	2	20	1	29	1
3	2	12	7	21	5	30	3
4	5	13	8	22	7	31	2
5	3	14	3	23	4	32	6
6	1	15	5	24	8	33	5
7	8	16	1	25	9	34	9
8	4	17	9	26	6	35	4
9	9	18	4	27	3	36	8

- c) For WAG the first two gymnasts on an apparatus will be placed at the end of the group for the next apparatus. For MAG the first two gymnasts on an apparatus will be placed at the end of the group for the next apparatus.

- d) Two reserve gymnasts will be identified based on the AA rank after the Team (C1) competition in both MAG and WAG.
  - i. The first MAG reserve gymnast will warm-up with the group of athletes starting the competition on P Bars. The second reserve gymnast will warm-up with the group of athletes starting the competition on High Bar.
  - ii. The first WAG reserve gymnast will warm-up with the group of athletes starting the competition on Floor. The second reserve gymnast will warm-up with the group of athletes starting the competition on Beam.
- e) A province/territory may substitute a qualified athlete with another athlete from their province (if they ranked ahead of the officially named reserves) up until 30 minutes before the start of the warm up for the All Around Final.
- f) Tie breaking as per 5.1.3

5.1.7. Apparatus Finals (CIII)

For all Apparatus the order of passage for Apparatus Finals will be seeded based upon their rank from the Team Competition (CI):

Competition Order	Rank on the Apparatus after Qualification
1	5
2	8
3	1
4	3
5	7
6	2
7	6
8	4

If there is a 9<sup>th</sup> athlete on an apparatus, he/she will compete first, i.e. before the athlete ranked in 5<sup>th</sup> place after the Qualification.

5.1.8. Judging

The documents mentioned under 5.1 are in effect.

5.1.9. Training Schedule

Published training times must be adhered to. Provincial / Territorial teams are not permitted to negotiate with other teams to exchange times.

## 6. SPORT SCORING:

### Male Artistic:

The Team result comprises the 4 best results (out of a maximum of 6) on each event from Competition I. (6-6-4 format)

The Individual All Around results is the total of the scores obtained by a gymnast on each of the 6 events during Competition II.

The Apparatus Final Result is the final score obtained by a gymnast on a given apparatus during Competition III.

Please refer to Appendix 2

### Female Artistic:

The Team result comprises the 4 best results (out of a maximum of 6) on each event from Competition I. (6-6-4 format)

The Individual All Around results is the total of the scores obtained by a gymnast on each of the 4 events during Competition II.

The Apparatus Final Result is the final score obtained by a gymnast on a given apparatus during Competition III.

Please refer to Appendix 2

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## 7. PROVINCIAL/TERRITORIAL RANKING:

Men and Women will be ranked together

Artistic Team, Artistic All Around Final (best 3), Artistic Apparatus Final, Trampoline Team and Trampoline individual sport scoring will be added together to give an overall rank of teams in Gymnastics from 1 – 13.

Ranking	Flag Points	Ranking	Flag Points
1 <sup>st</sup>	20	7 <sup>th</sup>	8
2 <sup>nd</sup>	18	8 <sup>th</sup>	6
3 <sup>rd</sup>	16	9 <sup>th</sup>	5
4 <sup>th</sup>	14	10 <sup>th</sup>	4
5 <sup>th</sup>	12	11 <sup>th</sup>	3
6 <sup>th</sup>	10	12 <sup>th</sup>	2
		13 <sup>th</sup>	1



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## **8. TIE BREAKING RULE - FOR SPORT SCORING:**

### **Male Artistic:**

Ties are not broken. Teams or athletes having the same total/score will receive the same ranking.

### **Female Artistic:**

Ties are not broken. Teams or athletes having the same total/score will receive the same ranking.

## **9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:**

To determine the Provincial/Territorial points awarded in case of a tie in sport scoring for any of the competitions, the following system will be used:

- the number of points for the tied positions are averaged by adding the points for the tied positions and then dividing by the number of tied teams or competitors;
- each province or territory then receives the averaged number of points.

Once the sport scoring calculations are completed and in the case of an overall tie in the Provincial/Territorial rankings, the Province/Territory with the greater number of first place rankings will be assigned the higher rank. If the tie persists, the procedure is repeated with second place team scores per Apparatus, then third, etc.

Example: Out of 6 ranks (C-1 x 1, C-2 x 1, C-3 x 4), the Province/Territory who finished first twice, will be ranked ahead of the Province/Territory who finished first once.

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## 10. AWARDS:

### Male Artistic:

- GOLD: 13 medals presented to the first place winner in the all-around competition, to the first place finisher in each event, and to the members of the first place men's team.
- SILVER: 13 medals presented to the second place winner in the all-around competition, to the second place finisher in each event, and to the members of the second place men's team.
- BRONZE: 13 medals presented to the third place winner in the all-around competition, to the third place finisher in each event, and to the members of the third place men's team.
- 4<sup>th</sup> TO 8<sup>th</sup> A ribbon will be given for 4<sup>th</sup> to 8<sup>th</sup> places of the All-Around Final and the Apparatus Finals.

### Female Artistic:

- GOLD: 11 medals presented to the first place winners in the Team Final and the Individual All-Around Final and to the first place finisher in each Apparatus Final.
- SILVER: 11 medals presented to the second place winners in the Team Final and the Individual All-Around Final and to the second place finisher in each Apparatus Final.
- BRONZE: 11 medals presented to the third place winners in the Team Final and the Individual All-Around Final and to the third place finisher in each Apparatus Final.
- 4<sup>th</sup> TO 8<sup>th</sup> A ribbon will be given for 4<sup>th</sup> to 8<sup>th</sup> places of the All-Around Final and the Apparatus Finals.
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## **11. COMPETITIVE UNIFORM:**

### **Male Artistic:**

Competition uniforms must follow GCG/FIG rules. For the Team Final, members of the same team and individuals gymnasts of the same province/territory must wear matching singlet, longs / shorts.

For all medal ceremonies, the official track suit provided by the Provincial/Territorial team must be worn.

### **Female Artistic:**

Competition uniforms must follow GCG/FIG rules. For the Team Final, members of the same team and individuals gymnasts of the same province/territory must wear a body suit that is uniform and of the same colour(s). For All Around (CII) body suit choice may be at the discretion of the Province.

For all medal ceremonies, the official track suit provided by the Provincial/Territorial team must be worn.

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## **12. EQUIPMENT**

### **Female and Male Artistic :**

Provinces/Territories must only use the equipment provided by the official supplier. They are not permitted to bring their own boards or other equipment.

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## 13. APPENDICES

Appendices 1 - 3 form an integral part of this technical package.

### APPENDIX 1 2015 Canada Winter Games

#### Competitor Eligibility

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens and permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her province or territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their province or territory of permanent residence or the province or territory in which the athlete attends school. To be eligible to compete for the province/territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her province or territory of permanent residence may represent the province or territory in which they are training provided he or she can demonstrate a commitment to the province or territory she or he wishes to represent by:
  - (i) Having been a member of a club or provincial/territorial sport organization in that province/territory for the entire previous or current competitive season  
  
- AND -
  - (ii) Having represented that province or territory at an international, national or regional championship,  
  
- AND -
  - (iii) Not having received direct development funding from their province or territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the

athlete to compete for another team.

- OR

(iv) Other similar circumstances may be considered.

7. An athlete is permitted to try out for any province or territory of eligibility but can only try out for one province or territory per sport (i.e. an athlete may try out for swimming for one province or territory but cannot try out for swimming in another province or territory. An athlete may try out for one province or territory in swimming, and may try out for another province or territory in diving).
8. Athletes may only compete for one province or territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or PSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/province/territory/Chef wishes to challenge the eligibility of an athlete on another provincial/territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

#### Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

## APPENDIX 2 SPORT SCORING

### MEN'S ARTISTIC

#### Team Competition

The teams will be ranked from 1<sup>st</sup> to 13<sup>th</sup> based on their results in Competition I – Team Competition. The following sport scoring points will be awarded to the teams based on their ranking.

Place	Points	Place	Points
1	75	7	45
2	70	8	40
3	65	9	35
4	60	10	30
5	55	11	25
6	50	12	20
		13	15

#### Individual All Around Final

At the conclusion of the Individual All Around competition, the 36 gymnasts will be ranked from 1<sup>st</sup> to 36<sup>th</sup> based on their results.

Place	Points	Place	Points
1	36	19	18
2	35	20	17
3	34	21	16
4	33	22	15
5	32	23	14
6	31	24	13
7	30	25	12
8	29	26	11
9	28	27	10
10	27	28	9
11	26	29	8
12	25	30	7
13	24	31	6
14	23	32	5
15	22	33	4
16	21	34	3
17	20	35	2
18	19	36	1

Note: In fairness to all Provincial/Territorial teams, only the top three (3) gymnasts per team will contribute points to the team total in the Individual All Around Final even if the team has more than three (3) gymnasts competing in the Individual All Around Final.

**Individual Event Finals: Based on the Individual Event Finals results (for each event)**

Floor

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

Vault

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

Pommel Horse

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

Rings

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

Parallel Bars

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

## Horizontal Bar

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

## **WOMEN'S ARTISTIC**

### **Team Competition**

The teams will be ranked from 1<sup>st</sup> to 13<sup>th</sup> based on their results in Competition I – Team Competition. The following sport scoring points will be awarded to the teams based on their ranking.

Place	Points	Place	Points
1	75	7	45
2	70	8	40
3	65	9	35
4	60	10	30
5	55	11	25
6	50	12	20
		13	15

### **Individual All Around Final**

At the conclusion of the Individual All Around competition, the 36 gymnasts will be ranked from 1<sup>st</sup> to 36<sup>th</sup> based on their results.

Note: In fairness to all Provincial/Territorial teams, only the top three (3) gymnasts per team will contribute points to the team total in the Individual All Around Final even if the team has more than three (3) gymnasts competing in the Individual All Around Final.

Place	Points	Place	Points
1	36	19	18
2	35	20	17
3	34	21	16
4	33	22	15
5	32	23	14
6	31	24	13
7	30	25	12
8	29	26	11
9	28	27	10
10	27	28	9



11	26	29	8
12	25	30	7
13	24	31	6
14	23	32	5
15	22	33	4
16	21	34	3
17	20	35	2
18	19	36	1

**Individual Apparatus Finals: Based on the Individual Apparatus Finals results (for each apparatus)**

Vault

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

Uneven Bars

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

Beam

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

Floor

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

## TRAMPOLINE

The following outlines the sport scoring system for each of the competitions.

Team Scoring: The following sport scoring points will be awarded to the teams based on their ranking.

Place	Points	Place	Points
1	75	7	45
2	70	8	40
3	65	9	35
4	60	10	30
5	55	11	25
6	50	12	20
		13	15

Individual Finals: Based on the Individual Finals results.

Place	Points	Place	Points
1	52	14	26
2	50	15	24
3	48	16	22
4	46	17	20
5	44	18	18
6	42	19	16
7	40	20	14
8	38	21	12
9	36	22	10
10	34	23	8
11	32	24	6
12	30	25	4
13	28	26	2

Synchronized Trampoline Finals: Based on the Synchronized Finals results.

Place	Points	Place	Points
1	26	7	14
2	24	8	12
3	22	9	10
4	20	10	8
5	18	11	6
6	16	12	4
		13	2

## APPENDIX 3

### AGE DISPENSATION FOR MEN'S AND WOMEN'S ARTISTIC GYMNASTICS

The decision to set the minimum ages for participation in the Canada Games was made in the best interest of the young competitive gymnasts across Canada and is based on the following rationale:

1. Two of the main goals of the Canada Games are to foster participation from across the country and to contribute to the development of high performance athletes.
2. The Canada Winter Games competition is classified as a "junior" level competition by Gymnastics Canada Gymnastique and the Canada Games Council.
3. To encourage nationwide participation, Gymnastics Canada did not select a specific age category but chose to use a minimum age. This minimum age is intended to protect very young athletes from possible physical, psychological and/or emotional harm that could occur by competing at the Games.
4. The minimum age requirement is aligned on the minimum age set by the international gymnastics governing body (FIG) for junior competition.
5. The overall consensus of coaches and managers who attended past Canada Games is that it is the most challenging gymnastics competition in Canada for young athletes in terms of level, intensity and atmosphere. The multi-sport nature of this event, combined with the atmosphere and social reality of an "athlete's village" and the wide range in age of all the athletes (up to 25 years of age depending on the sport) add to the pressure experienced by the athletes.

Gymnastics Canada does not currently require athletes to meet any performance standard to participate in the Canada Games. For this reason, the Council has requested that a process be put in place to provide a dispensation from the minimum age. This process supersedes the Technical Package.

The current process to review exceptional cases has been in place since the mid-nineties. It will be in effect for the 2019 Canada Winter Games.

If your province/territory wishes to request a special dispensation from the minimum age requirement for an athlete, the following documents must arrive at the national office no later than **January 5, 2019**.

1. A letter of support from the respective Gymnastics Association.
2. A letter of support from the respective Chef de Mission for the 2019 Canada Games.
3. A letter from the athlete's coach and a letter from the athlete's doctor confirming that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.
4. A waiver signed by the athlete's parents or guardians saving harmless GCG and the Canada Games Council from any injury which might result from her competing against older athletes. The blank waiver is attached.
5. Recent competition results demonstrating that the athlete has obtained results comparable or superior to those of the age eligible athletes which have been selected to the respective WAG team for the Games.

Please note that the respective Program Director will review applications. The dispensation will be granted only if all the conditions have been met. The decision is final and will be communicated to the applicant within 7 working days of receipt of **all** the above documents.

TO: Gymnastics Canada Gymnastique

AND TO: Canada Games Council

**WAIVER NOTICE AND FULL AND FINAL RELEASE**

I acknowledge that participation in the event of artistic gymnastics carries with it potential hazards and I confirm that \_\_\_\_\_ is physically fit to participate in Women's Artistic Gymnastics at the Canada Games and has trained specifically for this purpose.

I hereby RELEASE and FOREVER DISCHARGE GYMNASTICS CANADA GYMNASTIQUE and the CANADA GAMES COUNCIL, their directors, Officials, Coaches and their other employees, servants or agents on behalf of myself and

\_\_\_\_\_ from any and all responsibility and liability for injuries sustained by her participation in the Canada Games and hereby agree to assume full and complete responsibility for any injuries sustained by her during such participation.

I hereby waive any rights I and \_\_\_\_\_ may have to institute or prosecute an action or make any claim for damages or compensation against the said GYMNASTICS CANADA GYMNASTIQUE and CANADA GAMES COUNCIL, their Directors, Officials, Coaches and their other employees, servants or agents, as a result of any injuries may suffer.

Dated at \_\_\_\_\_ this \_\_\_\_\_ day of \_\_\_\_\_ 201\_\_.

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Signature Parent or Legal Guardian

\_\_\_\_\_  
Name (print) of Witness

\_\_\_\_\_  
Name (print) of Parent or Legal Guardian

**CERTIFICATE OF INDEPENDENT LEGAL  
ADVICE**

I hereby declare that I have been consulted by \_\_\_\_\_  
(parent/guardian or athlete)

as to the rights that he/she is releasing by taking the following action, namely entering into the above waiver Notice and Full and Final Release; that I have advised him/her fully as to the effect of the said action and he/she understands the nature and effect of executing the above Waiver Notice and Full and Final Release and I hereby further declare that I have given this advice to the said \_\_\_\_\_ as solicitor for him/her and his/her child \_\_\_\_\_ and in his/her interest and that of \_\_\_\_\_ only in connection with this matter.

\_\_\_\_\_  
Signature of Solicitor

\_\_\_\_\_  
Solicitor

Name (print) of